



SUPPORT WORKER

ROLE DESCRIPTION

Together with the Outward Bound instructors, support workers help people with disabilities realise their full potential through challenge and adventure in the outdoors. This is an opportunity to help create a fantastic Outward Bound experience, meet new, different people, and have a lot of fun!

COURSES

Support worker opportunities are available for Outward Bound alumni on two courses:

- Horizons - intellectual disability (2 support workers / 12 participants)
- Activate - physical disability (3 support workers / 11 participants)

RESPONSIBILITIES

Support workers support and supervise the participants during both activity and non-activity time. You will sleep some nights in the same accommodation as the participants and help them with a number of things, including:

- staying on task and following instructions
- transferring to/from the Cutter and travelling over uneven terrain
- packing gear, cleaning and putting away gear, washing clothes, preparing food and completing chores
- tying shoelaces and doing up buttons for those who have fine motor difficulties
- selecting weather/activity appropriate clothes and getting changed quickly – please note: all participants must be independent in dressing, but being away from home in a new environment may mean that they need some assistance to do this quickly.

Please note:

- all course participants should be independent in their personal cares
- regardless of previous experience, support workers do not manage risks or hazards involved in activities - this is the role of the instructors
- the support worker role is not an opportunity to do an Outward Bound course - you will maintain distance from participating in the actual activities

RESPONSIBILITIES

Outward Bound seeks people who have a confident nature and can-do attitude, and have:

- completed an Outward Bound course and are passionate about Outward Bound and the outdoors
- experience of and/or enthusiasm for working with people with disabilities
- excellent communication skills and ability to develop rapport with a wide range of people
- great organisation and time management skills - you will often have limited time to organise your own personal gear
- the ability to work in a busy environment where people are sometimes stressed and tired

ENROLMENT

The support worker role is voluntary and there is no course fee. You need to complete a support worker enrolment form and return to Outward Bound with a short application letter and a written reference. Support workers are accepted at the discretion of Outward Bound. We will contact you when a place becomes available.

Once enrolled on a course, you must complete an Outward Bound medical form with your doctor. Confirmation of enrolment is subject to medical approval from both your doctor and Outward Bound. Outward Bound will book and pay for your travel to/from your course after your enrolment is confirmed.

You need to arrive the afternoon before the course starts for a re-orientation at the school, to meet the instructors and to learn about the participants. You will finish with the course participants on the last day at 12.30pm.